

SUMMER 2012  
WEEK

6

July 2<sup>nd</sup> to July 6<sup>th</sup>

# Irving Recreation Center Day Camp Newsletter

## Important Reminders

Our camp rules are:

- Be safe
- Be respectful
- Be responsible

Pack a sack lunch for your child in an insulated container. Microwave use will not be an option.

Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.

Leave valuables at home (including money, cell phones, portable video games, etc.)

Label sunscreen and water bottles with your camper's name.

Do not hesitate to ask when you have questions or comments.

## Contact Us

402-441-7954

[dpayzant@lincoln.nc.gov](mailto:dpayzant@lincoln.nc.gov)  
[parks.lincoln.nc.gov](http://parks.lincoln.nc.gov)



## Grades 3-4

### Welcome to Irving Recreation Center!

As a service project we are asking that campers to collect pop-tops and bring them to camp. We will have a collection bin at the front desk. At the end of the summer we will donate them to the Ronald McDonalds House, which is a place for families to stay when their child has a serious illness and is hospitalized.

## THIS WEEK'S HIGHLIGHTS

### Monday July 2nd

In the morning we will be walking to South Branch Library, which is located at 2675 South Street. We will leave the center at 9:45 and will return at 11:00. Please send your child's library card and a backpack. We will also be walking to Irvingdale Pool, which is located at 1900 Van Dorn St. We will leave the center at 11:20 and return at 1:10. Don't forget to pack a swimming suit, sunscreen, and a towel. In the afternoon we will be having "Just Rec. Time" in the gym. Tonight ask your child: Did your friends find the cache?

### Tuesday July 3rd

In the morning we will be doing activities at the center that include Bocce Ball and Fitness. In the afternoon we will be doing rotations that will include sport skills, archery, and a 4<sup>th</sup> of July craft. Tonight ask your child: What would be fun to hide in a cache?

### Wednesday July 4<sup>th</sup>

NO CAMP! HAVE A HAPPY AND SAFE 4<sup>TH</sup> OF JULY!

### Thursday July 5th

In the morning we will be doing rotations that include Frisbee Golf and Parachute Games. In the afternoon we will be working on Bike Safety/Maintenance with Urban Prairie! See the back of this newsletter for more information. All campers are encouraged to bring their own bike and helmet to camp; however, we will have loaners available if that is not an option. Please park them out front in the bike racks. Make sure your camper knows the combination to their bike lock or has a safe place for the key. Tonight ask your child: What kind of animals do you think left the clues you found?

### Friday July 6th

In the morning we will be having a water day. Campers should bring a swimming suit or a change of clothes that can get wet. Campers will be required to wear shoes during the games, so please pack accordingly. In the afternoon we will be going to Lost in Fun for a field trip. We will leave the center at 1:30 and will return at 3:45. Please be sure to send your child in their purple day camp shirt and a pair of socks to wear while playing in the bounce houses. Tonight ask your child: Where and when would be the best place or time to find animal tracks?

## EMAIL NEWS

Update your email address with the rec. center office to make sure you stay current on all there is to know about Summer Day Camp at Irving Rec. Center.

**FUNdamental  
healthy me**

A focused program where youth grow

# Bicycling Adventures with Urban Prairie

Irving Day Camp

Grades 3-4

Thursday, July 5

1-4pm



## What:

We will learn and review basic principles of bike safety, learn new bike skills including simple maintenance and repairs, practice by playing bike games, and test our skills on a "bike safety course" on site. Finally, we will go on a group bike ride.

## Where:

We will use paved areas at Irving Rec. Center and nearby residential streets and trails.

## Goals:

- To help each student become safe and comfortable riding a bike.
- To educate students on the social, physical, and environmental benefits of bicycling.
- To have a jolly good time.

## What to wear:

Closed-toe, closed-heel shoes, and loose-fitting clothing. Any student not wearing closed-toe, closed-heel shoes will NOT be able to participate.

## What to bring:

A bike (if you have one), a helmet (if you have one), a water bottle.

## What Urban Prairie will provide:

We will provide bicycles for any student to use who does not have one. These bicycles have been provided by M.A.D. dads of Lincoln Inc. We will provide helmets for any student who does not have one.

## Contact:

If you have any questions about this program please contact your summer day camp site supervisor.

## Urban Prairie 2012:

Urban Prairie is a Parks and Recreation program dedicated to outdoor pursuits in Lincoln and Nebraska. Urban Prairie seeks to expose youth and adults to the many outdoor sports and adventures that Lincoln and the Great Plains have to offer, such as hiking, fishing, camping and more. These activities are not only opportunities for a lifetime of exploration and adventure but also provide unique insight into Nebraska's ecosystems and natural resources. Urban Prairie encourages young people to try these new activities, and to appreciate and preserve the environment needed to pursue them. We actively and sustainably engage with Nebraska's natural environment in order to provide engaging and enriching activities to Lincoln's youth.